

# CAPITAL AREA SOCCER ASSOCIATION RECREATIONAL SOCCER PROGRAM

## GENERAL RULES

1. Ball size #3 for players ages U5 through U8; Ball size #4 for players U9 through U12  
Ball size #5 for players U13 and up.
2. All players must play one-half of each game. ( a player's time as goalkeeper does not count as half of that player's time.)
3. Each player should be given the opportunity to experience each position during the course of the season.
4. All players must wear shin guards during practices and games.
5. Players' uniforms will be worn as issued with shirts tucked in and the socks covering the shin guards.
6. Coaches may hold two practices a week with each practice not to exceed one and a half hours.
7. Coaches may not cancel games; only CASA officers may cancel games.
8. All age groups will play Small-sided games. Coaches will have a hand-out showing the playing rules for each format.
  - 3v3 U05 U06 10 minute quarters
  - 4v4 U07 10 minute quarters
  - 5v5 U08 25 minute halves
  - 6v6 U09 U10 25 minute halves
  - 8v8 U11 U12 U15 25 minute halves
9. Referees will stop games if there is excessive coaching from the sidelines, parents and/or coaches are behind the goal area or fans are within five (5) feet of the playing area. The game is for the players and will be run with the players in mind.
10. Only water bottles and sport drinks are allowed on the sidelines. Coaches shall make sure all trash is picked up after their game.
11. No pets are allowed on or around CASA soccer fields.
12. All coaches should try to help with field maintenance. Fields will be lined each Friday before the weekend's games.
13. All coaches must be off the field during play.
14. All coaches are responsible for informing players and parents of the above rules.

### Please note the following:

If there is a question about game cancellations due to weather, coaches and parents shall call the CASA automated phone system at (717) 657-9596 Box 1. Coaches are responsible for notifying their players of all game cancellations. We may cancel morning games and play afternoon games- and vice versa.

**CAPITAL AREA SOCCER ASSOCIATION  
P.O. BOX 6236  
HARRISBURG, PA 17112-0236  
Casa Office (717) 652-3676  
To check on any cancellations call 657-9596 Box 1  
WEB SITE ADDRESS – [www.capsoccer.org](http://www.capsoccer.org)**